



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

NEWS AND INFORMATION FROM
The Grand Traverse Bay YMCA

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FOR IMMEDIATE RELEASE

Y LACROSSE SUMMER SKILLS CLINIC

The Grand Traverse Bay YMCA announces a skills clinic for lacrosse for grades 1 – 4 to be held Saturday and Sunday, July 23-24, from 9 am to 12:00 pm each day at the Y Main Facility, 3000 Racquet Club Drive in Traverse City.

Lacrosse is one of the oldest sports in North America and the fastest sport on two feet.

The clinic will cover lacrosse hand-eye coordination, running, teamwork, fitness, rules, safety, proper competition, and the Y four core values.

Featured coaches will include Liberty Provost, the TC Thunder Varsity Lacrosse Coach. With him will be Steve Cerrone, TC Bucks Varsity Lacrosse Coach. “We are training the next generation of lacrosse players,” says Barb Beckett, YMCA sports director.

Cost is \$50 for Y members and \$75 for non-members. Registration is due at the Y by July 15.

Players must bring stick, cleats, gloves, and helmet. They must have proper protective gear to play!

The Y is for youth development. The Grand Traverse Bay YMCA provides a safe environment for teens to learn the proper values based conduct and competition.

“It’s more than just a membership ... It’s the YMCA!”